

Beavercreek Senior Center Activities November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 AM Exercise Tape I 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing	9:00 AM Bid Euchre 9:00 AM Kick Boxing 10:00 AM Art Class 12:00 PM Lunch 1:00 PM Pool 1:30 PM Zumba Gold	9:00 AM Exercise Tape II 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos	10:00 AM Pool 11:45 AM Wellness Check 12:00 PM Lunch 12:30 PM Birthday Party 1:00 PM Bingo 2:00 PM Knitting Class 4:00 PM Qi Gong	9:00 AM Exercise Tape III 10:00 AM Strength Training Tape 10:00 AM Veterans Celebration 10:00 AM Mind Fit Series 11:30 AM Exercise with Brian 1:00 PM Euchre 6 PM Chicken - 7 PM Games
9	10	11	12	13
9:00 AM Exercise Tape I 9:00 AM Red Shirts to First Watch 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Red Hatters 1:00 PM Hase - Euchre 1:30 PM Line Dancing	9:00 AM Bid Euchre 9:00 AM Kick Boxing 10:00 AM Art Class 12:00 PM Lunch 1:00 PM Pool 1:30 PM Zumba Gold	9:00 AM Exercise Tape II 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos	9:30 AM Strummers Practice 10:00 AM Pool 12:00 PM Lunch 1:00 PM Movie 1:00 PM NARFE Meeting 2:00 PM Knitting Class 4:00 PM Qi Gong	9:00 AM Exercise Tape III 10:00 AM Family Quest 10:00 AM Strength Training Tape 10:00 AM Mind Fit Series 11:30 AM Exercise with Brian 1:00 PM Euchre
16	17	18	19	20
9:00 AM Exercise Tape I 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing	9:00 AM Bid Euchre 9:00 AM Kick Boxing 10:00 AM Art Class 12:00 PM Lunch 1:00 PM Pool 1:30 PM Zumba Gold	9:00 AM Exercise Tape II 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos	9:30 AM Strummers Practice 10:00 AM Pool 11:00 AM Hearing Check 12:00 PM Thanksgiving Lunch 1:00 PM Bingo - Delayed 2:00 PM Knitting Class 4:00 PM Qi Gong	9:00 AM Exercise Tape III 10:00 AM Strength Training Tape 10:00 AM Mind Fit Series 11:30 AM Exercise with Brian 1:00 PM Euchre
23	24	25	26	27
9:00 AM Exercise Tape I 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing	9:00 AM Bid Euchre 10:00 AM Art Class 10:00 AM Kick Boxing 12:00 PM Lunch 1:00 PM Pool 1:00 PM Gardening Class 1:30 PM Zumba Gold	9:00 AM Exercise Tape II 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos	Senior Center Closed Thanksgiving Day	
30				
9:00 AM Exercise Tape I 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing				